

Amendments to the Claims**Complete Listing of Claims:**

1. (Currently Amended) A sock particularly adapted for use in Yoga exercises, Pilate exercises, stretching and other mat-based exercises, comprising:
a sock made of a natural, plastic or synthetic fiber,
said sock having an open front end with webbings extending across the open front end from a top of the sock to a bottom or sole of the sock to provide openings through which the toes of a user can extend, the webbings including four spaced apart webbings extending across the open front end between the top of the sock to the bottom or sole of the sock to provide five specific toe hole openings in the front end of the sock for receiving the toes of a user, and
said sock having a generally continuous layer of a rubbery substance with a sticky soft surface extending across the bottom or sole of the sock and extending upwardly on the heel and on each side of the sock a short distance, which provides providing a non-slip function and which has having a thickness of between 0.065 inch and 0.25 inch to enable the sock to grip a floor or mat when used by an exerciser, with or without the use of a mat, and to allow the toes to be exposed for tack or gripping functions.
2. (Original) The sock of claim 1, wherein said layer of a rubbery substance is a closed cell PVC vinyl material.
3. (Previously Presented) The sock of claim 1, wherein said layer of a rubbery substance is a vinyl sponge foam material.
4. (Previously Cancelled)
5. (Previously Presented) The sock of claim 1, wherein the thickness of said layer of a rubbery substance is approximately 0.125 inch.
6. (Previously Cancelled)

7. (Previously Presented) A sock particularly adapted for use in Yoga exercises, Pilate exercises, stretching and other mat-based exercises, comprising:
a sock made of a natural, plastic or synthetic fiber,
said sock having an open front end with webbings extending across the open front end from a top of the sock to a bottom or sole of the sock to provide openings through which the toes of a user can extend, the webbings including four spaced apart webbings extending across the open front end between the top of the sock to the bottom or sole of the sock to provide five specific toe hole openings in the front end of the sock for receiving the toes of a user and
said sock having a generally continuous, non-skid structure which extends across the sole thereof, which extends upwardly on the heel and on each side of the sock a short distance and which has a sticky soft surface that provides a non-slip function and has a thickness of between 0.065 inch and 0.25 inch to enable the sock to grip a floor or mat when used by an exerciser, with or without the use of a mat, and to allow the toes to be exposed for tack or gripping functions.

8. (Previously Cancelled)
9. (Previously Cancelled)